

## **\$5.00 Preparedness Kits**

**By Cheri Maude**

Getting prepared doesn't have to break the bank! Sure, there are a lot of expensive things that you can buy in the name of preparedness. However, there are also a lot of ways to prepare that will fit into most people's budget. If you can budget just \$5.00 a month for this, and conscientiously buy the supplies each month, you will be much better off than the person who does nothing because they are overwhelmed. Most people can easily find little ways to sacrifice and save that much if they want to.

I also believe that the Lord is much more apt to work miracles for those who are doing what they can to follow the council of His leaders than for those ignoring the things they see as inconvenient or hard. Here are some fun ideas of ways to prepare for just \$5.00 a week. If nothing else, they will give you ideas of things you can do.

\* denotes things purchased from a store where everything costs \$1.00.

### **Kit 1 – Water Purification Kit**

- 1 pint bottle of regular Clorox unscented bleach\* (doesn't last more than about 4 months, so you should use and rotate it every 3 months, but there is a 32 gallon supply of water purification in one bottle.)
- 1 package of coffee filters\* (to filter water before purification)
- A medium/large mesh strainer\*
- A plastic 2-4 cup measuring cup\*
- A six pack of water bottles\* (can also watch for sales)
- A 2 ½ gallon well cleaned frosting bucket from the bakery section of Smith's (You have to ask for a small frosting bucket and lid before noon. Sometimes they have them and sometimes not, but they are free if you get lucky. You may have to clean frosting out and wash it.)

Once your bucket is clean, pour water into it a quart at a time and mark the level with a permanent marker or thing that will last so you know the amount of Clorox to use when treating the water. Keep all of your supplies inside the bucket. In the event you run out of potable water place a coffee filter in the strainer, and pour in your rainwater or creek water just so the coffee filter will hold it. This will filter out dirt and debris. Once you have as much filtered water in the bucket as you want, use 3 drops of bleach per quart/liter or 1 tsp. per gallon to purify it. Wait 30 minutes. The water should smell of chlorine. If it doesn't, repeat and wait 15 minutes. If you are able, you can boil the water 10 minutes for purification, but that isn't always possible.

When you use the water in your six water bottles, you will have the bottles to refill to hold personal drinking water for family members. With large measuring cup you can dip water and

also fill the drink bottles as needed. Keep the lid on the remaining water in the bucket to keep it clean. (You can also buy a new 2 gallon bucket and lid from Alpine Food storage, but it will put you over the \$5.00 budget.) Meanwhile, save every clear juice, sports drink, and soda bottle you can get your hands on. Wash them and fill them with regular tap water so you have a water supply.

**Kit 2 – Potty Supplies** (You may need this even if you have sewer or water problems for a few days.)

- One swimming noodle (Best to buy in the summer)\*
- One small roll of duct tape\*
- One package of TP and an old phone book if you can find one\*
- A bottle of hand sanitizer\*
- One large frosting bucket w/a lid from Ridley's bakery (costs \$1.00, but are bigger than most free ones. Sometimes Macey's has free ones in this size.)

Slit the pool noodle from the outside to the center all the way down the length of it. Place the slit part over the lip of the bucket and measure so that it goes all the way around. When the noodle meets up the point you started, cut it off so you just have a continuous circle around the top of the bucket. This will provide padding so you don't have a bucket ring around your buns when you use it. Now put all the supplies into the bucket including the cut noodle and put the lid on. It is ready to go. In the event you really need this, use the duct tape to hook the ends of the noodle together on the bucket. The phone book is for when TP runs out.

For the super edition, it would be nice to have two rigid 5 gallon buckets and two noodles as well as a good shovel and a bag or two of cocoa chore. Then you could set up a really good composting toilet system, but this will be adequate in a real pinch. Also, it isn't a bad idea to save a squirting bottle such as a water bottle with a sports top or a little dish detergent bottle to use as a bidet bottle.

**Kit 3 – Laundry supplies**

- 1 package of clothes pins \*
- 1 length of rope \*
- One box of laundry soap or big bar of soap\*
- 1 inexpensive toilet plunger \*
- 1 frosting bucket from Macey's bakery (\$1.00, but bigger)

Cut or drill a hole in the lid of the bakery bucket big enough to stick the handle of the plunger up through it. Using a drill make 3/8" holes about every 2" in the rubber part of the plunger. Now you have a hand washing machine. Keep your clothes pins, rope, and soap in the bucket and you are ready for laundry in a crisis. It is just grab and go. \*baking or washing soda along with bar soap works very well to clean clothes..

**Kit 4 – Counter top Garden Supplies** – Cost is only about \$2.50. Add the rest to your piggy for tax or weeks that go a little over.

- 3 one quart canning jars from the DI yard section (\$.25 each) Try to find one with ring and lid
- 1/3 yard of nylon tooling from fabric section of department store across from \$ store (Save the extra for mess kit week.)
- 1 lb package of regular green lentils\*
- Save rubber bands from green onions, or other produce if you don't have some.

Clean your bottles and lids well and sterilize them by boiling for 10 minutes. When they are cool and dry, pour your package of lentils in one of the jars and screw the lid on. Cut two 6" square pieces of tooling (Save the rest for later.) Put 1 Tbsp. of lentils in one of the quart jars. Rinse them well, cover with water, and soak about 8 hours (over night). Drain off water and cover with the 6" piece of tooling. Cover the top of the jar with tooling and secure it with a rubber band. Rinse the lentils 2-3 times a day by covering them with water and pouring it off once or twice. Set the jar back on the kitchen counter. In three days, start another batch with the second empty jar. This allows you to keep a constant supply of fresh, vitamin-packed salad greens. Your lentil sprouts are yummy after you have been rinsing them for 3 days. If you want them long and green keep rinsing for 5 days. If you don't use them all up in 6 days, refrigerate them. Having two bottles going alternately will keep you in fresh and healthy sprouts. (These don't mold if your lentils are fresh and you follow these instructions. This only is a problem if they exceed 24 hours without being rinsed or if they sit in your refrigerator more than 3-5 days unused.) You can invest in other seeds, but this is a great place to start.

#### **Kit 5 – Bare Bones Personal Hygiene Kit**

- Bar of soap (Choose carefully so it can double as shampoo if necessary.)\*
- Tooth brush\*
- Dental floss\*
- Comb or brush\* (a package of combs will serve several people.)
- Box of baking soda\* (A 16oz box will serve two people.)
- Plastic Box – If you have shared a package of combs and a 59¢ box of soda you can afford this box. Otherwise use a cardboard shoe box.

Put your baking soda (for deodorant and toothpaste) in an empty pill bottle or other plastic container you'd usually discard. Have at least one or two zippered sandwich bags for your soap and toothbrush. Place all items in a cardboard shoe box to have them ready.

Upgrade - If you aren't trying to stay within budget or you want to complete this on a second week, you can add deodorant, a plastic shoebox that can double as a wash basin, toothpaste, shampoo, a hand towel, and things to style hair.

**Kit 6 - Important Papers File** Did you know that you may not be able to even stay in your home in a crisis unless you have proof of occupancy and ID?

- Three ring binder\*
- Package of page protectors\*
- Package of tabbed dividers\*
- Copy of birth certificate – obtained from the health department where you were born
- Copies of other papers you need.

Start filing things like your social security card, pass port, titles, insurance policies... You can find lists of the things you should have online or in the 2019 preparedness guide on [www.providentpapers.com](http://www.providentpapers.com)

The next step to this kit is:

**A dedicated USB Thumb Drive** Back up all of your files on the drive and send it to relatives or have it in a different place than your hard copy files. If you have to take advantage of extra money from the piggybank do it.

**Kit 7 - Cold Weather Geer for one person** In the fall is the perfect time to get these things. It is important to catch things while they are in season.

- Hat\*
- Gloves\*
- Scarf\*
- Warm socks (2 pair)\*

Every year we are asked to provide these things for people in need. While you will probably have winter coats or at least a blanket, you may not be able to find these items in an emergency. It is a good idea to make sure you have them put away for yourself and family members just in case you need them. To stay in budget you may have to use money for several weeks to outfit the whole family, but these are important.

**Kit 8 - Mess Kit** If someone told you to store paper plates and cups for emergencies don't listen to them. All disposable plates have plastics or coatings that are toxic when burned, and if everyone burns these things it can get serious. It also presents a fire hazard that can result in a secondary disaster. If there is no garbage pick-up, which is likely, and you store them in garbage bags you are sure to invite vermin that will spread disease. This becomes a serious matter really fast in a crisis. You need things to eat with and on that can be easily hand washed, sanitized and hung. Here is a good list.

- 8" Pie pan or cake pan\* (This can double for a bowl or plate and can be used to heat food in.)
- Knives, forks and spoons (Walmart has the nicest cheap ones. You will get 2-3 together, so you can share this item.) \$3.00
- Metal (or plastic) cup

Using the remainder of the nylon netting you got for the “emergency garden” make a dunk bag to keep your mess kit in by sewing up the sides and turning it down at the top to thread string through. You can use this bag to dunk cleaned dishes in boiling water or water with Clorox solution and hang it up to dry. This is the best way to keep eating supplies sanitary and avoid illness if you don’t have dish soap and hot running water.

### **Kit 9 - Cleaning Kit**

- Sturdy bucket\*
- Pack of slightly abrasive scrubbing pads\*
- Hand towel\*
- Bottle of all-purpose cleaner\*

This will be \$4.27 with tax. Save the change in your “emergency piggy bank” to apply to another week.

### **Kit 10 - Clothing Repair Kit**

- 1 package of needles (I personally like embroidery needles.)
- 1 package of small spools of thread in different colors\*
- A ziplock bag or small plastic bottle to store buttons. If you are retiring a shirt or pants or other clothing too worn to donate, cut off the buttons and save them for this kit. Alternatively, you can purchase a container of buttons sometimes at the dollar store.
- 1 package of iron-on patches (These are helpful if you need to rescue something with a little hole at the elbow or knee.

**Kit 11 – Go Bag** – This is not a 72 hour kit. It is a bag to put by your bed in case of an earthquake or other emergency that happens at night. You aren’t going to want to get out of your house with bare feet and sleep-ware when there is broken glass and no light.

- Flashlight\*
- Batteries\*
- 1 pair leather work gloves (watch for sales.)
- Old pants and shirt you can get into easily (or make sure your athletic shoes or boots are always by the bed when they are not on your feet)
- Old pair of shoes that will serve to get you safely out of your house

- Bag to put these in (You can use a bag made of an old T-shirt or pillow case. – see YouTube)\*

While it is over budget, I prefer to also have a small tin with a few snacks and a water bottle with this. Since I am storing it by my bed all the time, I want my snacks in a tin, safely away from bug and rodent teeth. If you have any money left it is also a good idea to have a whistle that is loud enough to count just in case you become trapped from an earthquake or need to locate family members.

**Kit 12 – School Supply kit** – In certain circumstances children may not be able to go to regular school or you may need basic office supplies we take for granted. It is still nice to work on education. August, when school supplies go on sale is the best time to buy the supplies for this kit. Here is what I recommend finding at the best prices you can.

- 1 pair of scissors
- 1 package of pencils
- Pencil sharpener (the kind that catches shavings)
- 2 notebooks
- Glue
- Crayons or colored pencils

If you are outfitting more than one child this gets easier because many packages can be split for children to share. Then you can add things like an eraser and a ruler. You can make a simple school bag either with fabric you have or from an old shirt or T-shirt.

**Kit 13 – Minor Cut and scratch kit**

- Small hand sanitize or Sanitizing wipes\*
- Antibacterial ointment\*
- 1 box bandages (I like butterfly, but others work for most things.)\*
- Package of 4 tiny tubes of super glue (Surgical glue is better, but this works.)\*
- Small cosmetic bag\* - Alternatively make a drawstring bag from the sleeve of a large T-shirt or sock or use a strong zip-lock bag.

**Kit 14 – Sickness Kit** – Everyone needs to have one of these on hand, especially if they are single. You know what you need most when you are not feeling well. Pick the things on the list below that you use, and that will fit your budget. Add more things later if needed.

- Simple pain relief medication
- Cough drops and/or cold medication
- Diarrhea medicine or blackberry tea
- Something that settles your stomach and adds electrolytes when you are nauseous like a can of 7-up and a little salt (broth, gelatin, and herbal teas are also good choices)

- Soda crackers, cheerios, rice cakes, chicken noodle soup, white rice, Jell-O, or other thing you can eat while you are readjusting to solid foods
- Drink bottle with a straw that you can sip from
- Tissues or handkerchiefs

**Emergency Information Binder** – This is a nice way to keep preparedness information so that you will have it as a reference when you need it. Simply buy a binder in the size you want or would like to store. I personally like the mini binders that are for 8 ½” X 5 ½” pages. However, you may want a full size binder if you are going to print and add pages. Really all you need is a binder and tabs.

**Bonus - Cook stove** Save up those \$5.00’s a week for 6 weeks. When you have \$30.00 go buy a single burner butane stove and 4-6 cans of fuel to go with it. Good sources are Walmart and Asian City (west on 90<sup>th</sup> So Salt Lake City), but anywhere that has such a stove for about \$20.00 - \$25.00 will do. You will need to also have a few cans of fuel to use. Other cooking alternatives are also OK. However, I recommend that you don’t count on using an open campfire or wood burning unless you have a rocket stove that is extremely fuel efficient. \*The butane stove pairs very well with a thermal cooking bag, but like other “camp stoves” it requires ventelation.

\*These kits are made to be as inexpensive as possible. You can always upgrade either when you initially put them together or when you are updating. The main thing is to do something without putting strain on the family budget.